

Friends of Ty Encil Carreg Cyfeillion Ty Encil Carreg Newsletter

Winter 2003

Carreg Trust Ltd
Registered Number: 4544822 Registered in Wales
Registered Charity Number: 1096691



www.carregtrust.org.uk

Overview of our first year

The end of our first year as a charitable trust and limited company is a good time to reflect.

2002: A year of preparation and prayer.

2003: Signing the lease and then a year far more productive than any of us imagined, reminding us of the power of God to lead and encourage us on.

I want to thank my fellow directors, Nick Hawkins who, as Secretary & Administrator, has organised the bookings, answered endless queries, has liaised with the Bardsey Island

Trust booking boat space and extra houses and many other tasks. John Grimshaw, our Financial Director spends many hours collating information, keeping the books up to date and replying to requests for information from funding charities. Janie Hawkins, our housekeeper has overseen the restoration of the interior of the house and furnished it with skill and a very small budget. A great debt of thanks is owed to those who are our volunteers and who willingly and cheerfully turn their hands to mundane tasks as well as having the skills to repair or replace worn-out equipment inside and outside. Thank you all - without you we could not have opened the house to visitors in May. Thank you also to the islanders who have watched with keen interest and have been most helpful and to Gwynneth and Patrick for their time and efforts made on our behalf.

Yet all this would have been of little use without those of you who have committed yourselves to supporting us through prayer and by regular financial subscription. We have over 100 Friends of Ty Encil Carreg. It is you who keep us able to pay the bills and continue with our replacement programme. Please know how we value your support.



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To set a seal on the project, we had our official opening on August 12th, when a boat load of 40 of those who had worked hard as volunteers, went to the island. I had asked Lord Newborough to be our patron and we were all delighted that he agreed. We had invited our Bishop, Saunders, to bless the

house. All the islanders were invited and after introductory speeches and a short service, Robert Newborough cut the ribbon and the Bishop blessed the house. This was followed by a buffet lunch and a wonderful afternoon of fellowship in glorious sunshine. Lord Newborough remembered his holidays in Carreg as a child and spent time reflecting on happy days. His wife and other members of the family relived their times on the island. On our homeward journey, Bishop Saunders blessed Tony's new catamaran and we had thoroughly enjoyed a lovely day.

Now we look ahead to the challenges of next year. The annual rental and the insurances have to be paid in January and we still need to fund raise to reach the required total. We need a new fridge-freezer and an oil heater before the new season begins. We would be grateful if you could tell others about the Retreat House and what we aim to achieve. If fund raising is a possibility we will provide flyers and posters for you. Please continue to uphold us all in prayer. The need for little places like Ty Encil Carreg is great and many are searching for peace and spiritual refreshment.

My thanks to you all for your letters and donations. Have a blessed and peaceful Christmas.

Evelyn Davies

Cooking on Enlli

No freezer,
no breadmaker,
no microwave,
no blender,
no electric kettle.

No shop.

No meat, no fish, no
eggs, no milk no cheese,
no wheat. No guaranteed
outward or return trips.

Cooking for six, one of
whom was on a very
restricted diet, on an
island which can be
reached only by boat in
good weather, was going
to be a challenge. But in
a spirit of optimism I
planned my menus,
bought plenty of food
(and then extra in case
bad weather kept us on
the island) and got
myself onto the boat with
some dozen well sealed
boxes and as many cans
of drinking water.

So far so good. I was the
last cook of the summer.
Every previous cook had,
like me, planned for
extra mouths and
unforeseen delays. We
walked into a kitchen
bursting with bags of
flour, whole cheeses and
sacks of fruit and
vegetables - all of it of
course needing to be
used at once. No wonder
the islanders eat so well
on what cautious visitors
leave behind them. We
could have fed an army.
But what a wonderful
economy there

sometimes is in life.
Someone had forgotten
to ship the food for the
island pigs. What we
could not use, share out
or store, the pigs ate
gratefully.

Having settled into the
kitchen (refurbished in
spring 2003 and gleaming
with stainless steel and a
new cooker) I soon got to
grips with being cook.
How virtuous I felt
getting up early to put
water on to boil by
candlelight so that guests
could wash and drink tea
when they awoke. What
a pleasure to make bread
and watch it all get
eaten, or fiddle around
preparing vegetables
knowing that I had all day
with no responsibilities
other than to get a meal.

I'm sure we all ate more
than we ought to have
done. We certainly
enjoyed the peace of
Enlli.

I take back three special
memories from that
time: the delight of our
guests in everything they
did and saw, the
candlelit prayers in the
Hermitage at night and,
perhaps best of all, the
baby seal I stroked on the
seashore- where else can
you get all that in return
for peeling a few
potatoes?

Henrietta Grimshaw

Financial Director's Report

When we approach the end of any year, it is often common practice to reflect on the achievements of the past 12 months, those successes and failures we have been through, the opportunities (both taken and rejected) that have come our way. There is clearly no less a requirement for this to be done over any new venture we either embark upon or are engaged in. In this regard, the Carreg Retreat Trust is no exception.

So, here is a short review of the financial position the Trust finds itself in as 2003 meanders to a close; a year of activity in which it endeavoured to meet its spiritual goals, whilst attempting to have sufficient funds to navigate the choppy waters of business.

By the end of this year, we should be in a healthy position, with an estimated overall operating profit of close on £4000. This is a remarkable achievement bearing in mind the essentially non-profit making nature of the business, the rental paid for the houses we use for retreats and the amount of refurbishment, general upkeep and essential infrastructure improvement that has been undertaken in the course of the past 12 months.

The bulk of this has come from retreats booked throughout the year but a nevertheless considerable (and very welcome) income stream has come from donations by well-wishers (home AND abroad) and people who have voluntarily set up regular payments through Covenants and Standing Orders. On top of

this, we really do need to say thank you to all those who made the official Opening Day a wonderful success and contributed further revenue as a result.

The Trust currently has a regular income from Standing Orders of close on £1700 per year and, from what I understand from the Trust's present Secretary, the bookings for 2004 already look healthy.

Whilst we all accept that nothing in this imperfect world is ever guaranteed, I believe that we can be moderately confident of our ability to navigate a smoother passage through 2004. For this, we must congratulate everyone who has had a part in building this venture and commit ourselves to continuing the good works already done.

John Grimshaw

Carreg Trust Ltd

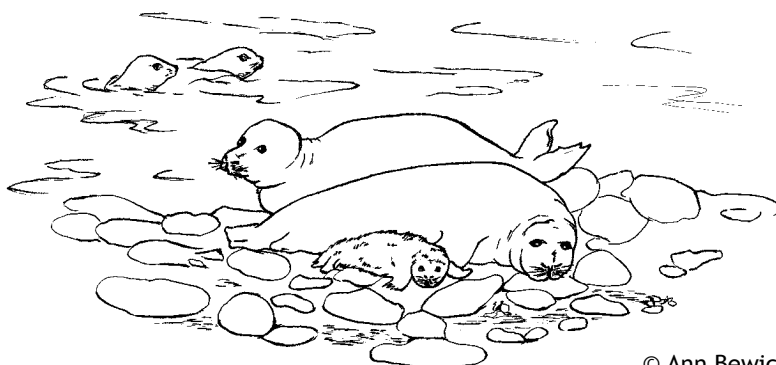
Patrons:

Rt. Hon. Lord Newborough
Rt. Revd Saunders Davies

Directors:

Revd Evelyn Davies
Revd Nick Hawkins
Mr John Grimshaw
Mrs Janie Hawkins

*For all the latest news from
Ty Encil Carreg Retreat House
please visit our web site at
www.carregtrust.org.uk*



Administrator's Report

It would have been difficult to imagine back in April this year when our second working party spent a 'few days' on the island to get the house ready for visitors ... and especially when the Enlli weather turned a 5 day into a 13 day stay !... it would have been difficult indeed to imagine that now - with the house closed down for the winter - that we would have been going to welcome over 200 visitors in our first year ! Perhaps more even than the numbers what has especially been beyond our best expectations is a year of making so many new friends ... of the pleasure and privilege of being able to welcome so many guests all of whom have indeed become friends and all of whom have become a vital part of the whole project, and most of whom are promising to return very soon. Over 200 visitors our now a part of Ty Encil Carreg and it's calling to provide a place for relaxation, prayer, meditation and just space to be !

So who were they ... well ... I thought that you might all be interested in a few statistics (sorry about this ... but it is my 'day job' !)

PILGRIMAGE GROUPS ON A DAY VISIT TO THE ISLAND
78 Pilgrims came just for the day but were still able to

experience for a few hours the very special part of God's kingdom that is Enlli. We welcomed day visitors from different parts of the world including many friends visiting from the USA.

HERMITAGE OCCUPATION

The Hermitage was occupied by individuals for 15 out of the 20 weeks we were open this year. The hermitage has been used by both religious on retreat and both clerics and lay ministers providing our chaplaincy cover for the island residents and visitors.

PRIVATE INDIVIDUAL BOOKINGS

This year we set aside a few weeks when we would not take group bookings in order to provide space for those wishing to stay privately sharing the house with maybe just one or two others. 16 guests used the house during these weeks.

PILGRIMAGE GROUPS STAYING AT CARREG

One of our Pilgrimage Groups 12 friends from a church in southern Texas.... stayed at Carreg for several days.

CARREG TRUST RETREAT WEEKS

During the season we organised 4 weeks of guided retreat led by our directors as well as a week led by Revd. Mary Lewis on our

behalf (many thanks Mary for a very special week !). A total of 33 visitors joined us for these weeks on weeks with themes including 'Healing and Reconciliation', 'Nature and Spirit' and 'Resting in the presence of God'. In 2004 we are intending to run even more 'Carreg Retreat Weeks' These are fully catered weeks with invited retreat leaders .. please contact us for details.

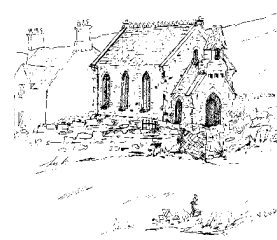
PRIVATE GROUP BOOKINGS

We could have booked out the whole season with group bookings such is the growing demand from church groups, meditation groups, ministry teams and groups associated with religious communities. As it was this year 62 guests came as part of one of these groups.

This makes a grand total of 216 visitors in the 20 weeks we were open in 2003.

So thanks to all of you who supported us by becoming our guests this year and book early for 2004 ! God's grace and peace be with you.

Nick Hawkins



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The Gardens at Ty Encil Carreg

Gardening is different on Enlli. Because of the island's special nature as home to many rare species, it is forbidden to eradicate or import any plants. Therefore, even the nettles in front of Ty Carreg are cherished. All the gardens on the island contain the same characteristic plants, and gardening has to do with nurturing what is there. Respect for the place takes precedence over the gardener's imagination - no bright bedding schemes here.

Yet the two gardens at Carreg are very different in character. The garden that belongs to the house itself is a quiet room, sheltered (as a few places on this windy

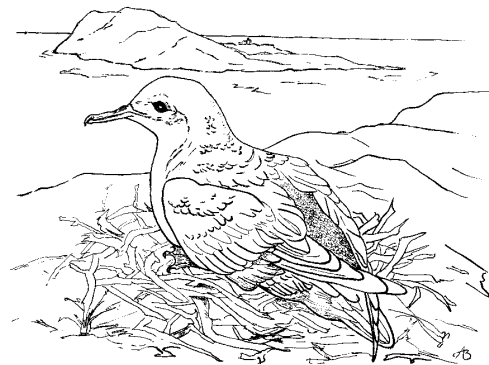
island are) by walls of hebe, honeysuckle and that vivid wild fuchsia that seems to bloom almost year round. Little to do here except trim the lush grass and enjoy the views of hill and sea beyond. The hermitage garden, by contrast, is enclosed by walls of stone. It is inside what was a farmyard, surrounded by the buildings which were used for keeping animals and in later years housed successive hermits, providing simple living accommodation and a place for prayer. The hermits tended this garden over the years, raising herbs and vegetables among the cowsheds. In spring 2003 the space was recreated as a meditation garden, with a

simple pattern of stones (lugged up from the beach by volunteers) set in a grassy lawn. Two 'Enlli Apple' Trees have been planted in the shelter of the high stone wall, and are doing well. The vegetable seeds we planted in the spring have done less well, having been throttled by more vigorous natives - a lesson, perhaps, in what it is to be a pilgrim rather than a proprietor. The sheep, if they were allowed, would be delighted to keep the grass down, but for a more controlled approach we place our faith in willing visitors, assisted by Patrick the caretaker, to wield the petrol mower when required!

Henrietta Grimshaw

**Bardsey Island Trust
Ymddirieddolaeth Ynys Enlli**

**www.enlli.org
01758 760667
post@enlli.org**



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**Ty Encil Carreg Retreat House
Open Day
August 12th 2004**

Please book early as boat space is limited.

**Please bring packed lunch -
drinks will be provided.**

Cost of boat: £20

Contact Nick Hawkins 01758 770582

**Group Bookings
at**

Ty Encil Carreg

**Carreg Trust Welcome Group
Bookings**

**but we are booking up fast for
2004.**

**If you would like to bring your
Church Group then please**

**contact us on
01758 770582**

Housekeeper's Report

Carreg Fawr was built in the 1870's by the then owner of the island, Lord Newborough, as a tenant farmhouse. It has been part of the housing stock of *The Bardsey Island Trust* since 1979. *Carreg Trust Ltd* has been leasing the house as '*Ty Encil Carreg*' since January 1st 2003.

There are 4 bedroom on the first floor (2x double, 2x single), and a fifth bedroom (designed to suit those with limited mobility) on the ground floor. Each room has one or two single beds, a washstand / table with jug and bowl, chest of drawers, chair and suitcase rack. The bedrooms' décor and fittings provide a simple, restful, self-contained 'cell' for pilgrim to find a safe space to spend time alone with God. This environment has been extended to the well-equipped kitchen, dining room and sitting room, also on the ground floor.

Two working parties in two separate weeks achieved this preparation of the house and Hermitage for occupation. Our real and grateful thanks go to all those who worked so hard, often in difficult and cold conditions, and were prepared to take valuable time from work, home & families to do so.

In March the first working party updated the kitchen to comply with health & safety regulations, the toilets were also upgraded, and all the rooms were repaired and decorated.

In April another working party finished decoration in the house, Hermitage buildings to be used were cleared, cleaned, repaired & painted. All furniture, fittings and equipment were taken across by boat and installed. As a result both house and Hermitage were ready for occupation for our first paying visitors on May 10th 2003.

During the summer months several more improvements have taken place. The gas cooker in the house, the gas fridge in the Hermitage, and calor gas heaters were replaced with brand new items. Additions have also been made to equipment and fittings.

Many of the visitors have given us gifts for the house. Some of our more creative guests have left behind artwork, poems, wood-carvings etc. that have meant so much to that person. Therefore, *Ty Encil Carreg* is gradually acquiring its own 'treasures'; from the variety of experiences and relationships that have come about from time spent on Enlli.

Ty Encil Carreg has now been packed up ready for the winter months by Patrick & Gwynneth Murphy. In the Spring there will be another working party to open up the house and renew the repairs and decoration needing attention again.

Thank you again to everyone who has supported us in the refurbishment.

Janie Hawkins



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Dates for 2004

Friends' Weeks

We have set aside the following weeks exclusively for visits by Friends of Ty Encil Carreg :

Week beginning Saturday:

17th April

18th September

Friends can also book for private visits on other weeks also set aside for people to book individually :

Individual Retreat Weeks

We have set aside the following weeks for private bookings from individual retreatants:

Week beginning Saturday:

24th April

22nd May

17th July

Friends get a 33.3% discount for Friends Weeks or a 10% discount at all other times.

Guided Retreats 2004

Carreg Trust is organising 5 fully catered guided retreat weeks in 2004.

The details are still to be finalised as we go to press, but the topics covered will be:

Orthodox Spirituality; Healing & Reconciliation; Island Spirituality;

Drama & Prayer; Nature & Prayer.

For more information please contact Nick Hawkins on 01758 770582.

Details will also be posted on our web site www.carregtrust.org.uk

Following the success of
Cegin Aberdaron
we will be producing a
companion volume of
Recipes from Enlli
during 2004.

If you have, or know of,
any suitable recipes,
please contact us.



Carreg Trust Contact Details

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